



## Healthy Back-to-School Lunch Ideas by [Kerri-Anne Lambie, RHN](#)

The social aspect of eating has always been an integral part of my upbringing. I have great memories of sitting around the kitchen table for hours with my family laughing and enjoying the meal prepared for us.



When going to school as a young girl, I had the same enjoyment of opening my brown paper bag (yes, I am dating myself ☺) and eating healthy snacks in the cafeteria with my friends. Although I will

## Real Life Self-Care by [Lisa Kilgour, RHN](#)

It's everywhere you turn on social media these days. Memes extolling the importance of self-care. Posts bragging about luxurious baths, vacations, or time in nature, #selfcare.

But what if your days are totally booked?

What if you're absolutely exhausted?

And what if falling onto the couch in an exhausted heap at the end of the day is the only thing you have any energy for?

**This all just leads to a pile of (unhelpful) self-care guilt.**

It all makes sense though. We DO need to take care of ourselves so we can take care of our kids and loved ones.

admit, there were times when I wanted the cakes and cookies that some of my friends got in their lunch bags. Sometimes my parents gave in to my pleas for the treats, other times they did not.

But regardless of what I was given, I still recall comparing my lunch to that of my peers.

As an adult, I had begun to think that times had changed, but now as the mother of two **Continued on page 2...**

Having a relaxing bath or time to ourselves WOULD be so lovely, but sometimes, that just feels completely impossible.

So let's throw away some of that self-care guilt and find other ways to bring some loveliness back into our day.

These aren't items to add to your already long to-do list. Nor are they something to worry about if you forget.

**Instead, just focus on the positive.** The moments where a glimmer of loveliness joins your day. Those times that you can shake yourself out of the busyness of the day and find a bit of joy inside the chaos. Be fully present in a moment –

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*Want More Help with Lunch Ideas?*

*See a Holistic Nutrition Professional.*



## Apple Carrot Slaw Adapted from [Select Nova Scotia](#)

1/2 savoy cabbage, shredded	2 tbsp maple syrup
4 carrots, grated	2 tbsp apple cider vinegar
1 apple, julienned	1 lemon, juice and zest
1/2 cup raw sunflower seeds	1 tsp celery seeds
1/2 cup raw pumpkin seeds	Sea salt as desired
1/2 cup dried fruit-juice-sweetened cranberries	1 tsp black pepper
3 tbsp mayo	1/2 cup Italian parsley, chopped

Mix the cabbage, carrot, and apple in a large mixing bowl. Add the seeds and the cranberries. In a medium bowl, whisk the mayo, maple syrup, apple cider vinegar, lemon juice and zest, and celery seeds. Season with sea salt and pepper.

Pour over veggies and toss. Add parsley and season to your liking.



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boys I see the same lunch bag comparisons coming up much like those of years ago.

My first experience with lunch bag envy on the part of my own kids was when my eldest son came home from kindergarten asking why he didn't get cookies in his lunch like his friends (up until that point his sugar intake was pretty minimal). I knew what he was getting at – those multicoloured sprinkle cookies that attract kids like magpies to a shiny object. He wanted the treats like his buddies. I quickly realized that my school time focus should not only be on the nutritious components of his lunch but also the presentation and yummy factor. It was then that my quest began to maintain our dietary standards while not leaving my kids feeling deprived or left out.

My sons are now 9 and 7 and the lunch table has become a round table of lunch-box show-and-tell. Sugary/salty treats are what “everyone cool has” and the healthy snacks are left for last when it comes to choice. With time and communication, our family has embraced the healthy lunchtime snacks I like to create for them, which are similar to those of their friends but much lower in salt, sugar, GMOs, and refined fats. I have named these my “relatable lunchbox” recipes.



To this day, we continue to discuss our food and lifestyle choices with the boys. As parents, we do make some compromises and now keep the treats they want stocked at home

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*for times when the family can share them together (thus maintaining our healthy stance but not depriving them of the things they would like either).*

*For us, it's a continuous dance of give and take, information and discussion, decision and choice that keeps us on this path that suits our family best. It's no longer the battle of what someone else has, but the embracing of what we do have... different yet the same.*

### **Tried-and-True Tips for Success**

*Just like we eat with our eyes, so do children. Make it interesting. You can keep lunches healthy but remember kids are kids. Cookie cutters are a fun way to cut fruit and vegetables into interesting shapes.*

*Children will always compare their lunch and snacks to that of their peers. Communication is so important during this time to let your child know why the lunches are prepared the way that they are. Often parents have the greatest of intentions but forget to let the kids in on the process. Have them describe what their friends are having, then put your*  
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## Healthy Goldfish Crackers by [Kerri-Anne Lambie, RHN](#)

It's easy to make your own Goldfish Crackers. Simply take a toothpick and make an eye and smile prior to cooking.

8 oz of organic Cheddar cheese (or vegan cheese)

4 Tbsp of grass-fed butter (or vegan butter)

1 cup cassava flour (or any wholegrain flour)

$\frac{3}{4}$  tsp of Himalayan salt

2 Tbsp of turmeric (without it the crackers are more brownish and not the familiar orange color, but just as tasty!)

2 – 3 Tbsp of nutritional yeast

1 tsp of olive or avocado oil

5 Tbsp of water



Grate cheese and put in a food processor. Cut butter into small cubes and add to processor. Add flour, salt, turmeric, nutritional yeast, and olive oil.

Blend all in food processor until a dough starts to form. Slowly add water while continuing to blend. Take dough out, cover and place in fridge for 20 – 30 minutes.

Preheat oven to 350°C. Take dough out and roll to 1/8-inch thick. Cut into squares or use a mold (fish cracker molds can be made by cutting a strip from a tin can and bending it to a fish shape). Place each cracker onto parchment paper and bake in the oven for 15 – 20 minutes.

## The Power of Deep Breathing by [Tanya Fraser, RHN](#)

Breathing. Specifically deep breathing. Breathing is something we do without even thinking. And that is sometimes the problem. We don't think about it often. Especially in times of stress. Breathing and different types of breathing affects our state of being. Our breathing patterns can affect our mental state.

By being conscious and breathing deeply, from the belly, you will feel a great sense of energy and calmness. The fuller and deeper you breathe, the more energy you will have. It can relax and calm the mind – deep breathing allows for more awareness because it forces you to slow down and listen to your body.

Deep breathing is a stress reducer by activating our parasympathetic nervous system which gives the body a chance to regenerate, recuperate and heal.

More oxygen is brought into the bloodstream and to various cells in the body. Oxygen is life.

So, how do we do this? Let's add it into our morning routine. When you wake up, sit on the edge of your bed and take, 10 deep breaths; this reduces stress and makes

**KEEP CALM AND  
BREATHE DEEPLY**

you feel happier first thing. Then say thank you, you woke up this morning!

All of that takes less than 5 minutes but can have huge impact for the rest of your day.

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*own spin on requests that doesn't compromise the family's ideals.*

*Bento boxes are a fun way to fill a lunchbox with treasures that children can use to create their own meal.*

*Bring your child shopping! It doesn't need to be a chore to have them in the grocery store. Use this time to educate them, teach them what is more healthy and less healthy. Let them pick one fruit or vegetable they want to try and have them prepare it. Kids like to be in charge, so let them take the lead once in a while.*

*Avoid nitrates and sulfates, refined foods, processed and excess sugars. If it comes in a package, read the label.*

*Education for us parents is super important. Lead by example and have open discussions with your kids – they are more open minded than you think they are!*

*Spiralized veggies can be your best friend. A pile of beets, carrots and zucchini can make any meal feel like spaghetti. 😊*

*Kombucha is a tasty, gut-healthy fizzy drink that tastes like pop. Say no way to regular soda pop and other sugary drinks!*

### ...Self Care Continued from page 1

When something really lovely is happening, like your kid is doing something that's hilarious or there's something really beautiful to look at - Pause. Take a deep breath, and just be there and enjoy it.

If your head is anything like mine, it might fight it at first. My head likes to tell me that there are too many things to do to pause. But, the pause is only 30 seconds to a minute. And it's a beautiful minute :).

I've found the more I can just quiet my mind for that minute and enjoy the moment, the easier it becomes and the happier I feel. Those little breaks from all of the things I have to do have become anchors in my day and have created many lovely memories.

And it's okay if you miss some or rush through them at first. Even 5 seconds of presence is lovely :).

A bit of compassion goes a very long way –

Compassion for others can be very easy, but compassion for ourselves can be a lifelong journey. And it's those moments of imperfection that can teach us the most about kindness.

Did you forget to pick up something on your way home today? Or, were you a bit short with a colleague or a friend?

#### **Try speaking to yourself the way you'd speak to a loved one.**

It's our very humanness that's imperfect and that's what makes us so darn loveable. Think of someone you love a lot, what's your favourite part of them? It's probably something that they themselves see as imperfect.

So, that thing you forgot...it just made you even more loveable :). And that's pretty darn fantastic.

Go to bed 10 mins earlier... **and read a book you absolutely love.**

Okay, this one is actually something to do, but it can be so lovely. Find a book that you've really loved in the past, and once a week (or a few nights a week) head to bed 10 mins earlier and dive into that world again.

I love re-reading books I've enjoyed. I like to revisit the characters and the story. It brings a pile of warm and fuzziness to my life in a very easy way.

**And sometimes... The best self-care is ignoring every single self-care idea with heaping loads of kindness and compassion toward ourselves.**

**Sometimes, that's the kindest thing we can do for ourselves :)**



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